

Normal breast tissue



Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can invade the surrounding tissues or spread to distant areas of the body. Breast cancers can start from different parts of the breast. Breast cancer occurs almost entirely in women, but men can also get breast cancer.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers.

There are other symptoms of breast cancer you should watch for and report to a health care provider. It's also important to understand that most breast lumps are not cancer, they are benign. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening. But some benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change needs to be checked by a health care provider to determine whether it is benign or cancer and whether it might impact your future cancer risk. Breast cancer can spread when the cancer cells get into the blood or lymph system and are carried to other parts of the body.

Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important. Screening refers to tests and exams used to find a disease in people who don't have any symptoms. Early detection means finding and diagnosing a disease earlier than if you'd waited for symptoms to start. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer.

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- **All women** should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Source: American Cancer Society



## In this Issue:

- Breast Cancer Awareness
- Dental Hygiene
- Depression Awareness
- Flu Season
- Diet and Cancer Prevention
- Healthy Eats
- What's in Season
- Benefits of Cycling
- Got Stairs?



**SAY Ahh**  
ACT ON MOUTH HEALTH

#SayAhh #WOHD19

TAKE CARE OF YOUR ORAL HEALTH TO PROTECT YOUR MOUTH AND BODY.

HEALTHY GUMS	GINGIVITIS	SEVERE PERIODONTITIS

# Interesting Dental Facts About the Human Mouth

## Tongue, Saliva & Taste Buds

- The tongue is the **strongest muscle** in the human body, relative to its size.
- The average life of a taste bud is **10 days**.
- There are about **9,000 taste buds** on the surface of the tongue, in the throat, and on the roof of the mouth.
- The tongue is the **only muscle** that is attached at one end only.
- We cannot **taste** until food is dissolved by saliva.
- There are **over 100 million bacteria** in just one drop of saliva.
- Taste buds contain **chemoreceptors** that respond to chemicals from food and other substances that are dissolved by the saliva in the mouth.
- We produce **100,000 gallons of saliva** in a lifetime, which helps prevent tooth decay by moving food away from teeth.

**It takes 72 muscles for a human to speak!**

## Depression Awareness Month

Some of the most prevalent mental illnesses in the workplace include alcohol abuse/dependence, depression, and social anxiety disorder. One of the most undertreated and misunderstood mental illnesses in the workplace is depression. Depression affects an estimated 16 million Americans. Depression affects all walks of life and even a formerly outstanding employee can be affected. No job title, organization, or personality type is immune.

Depression is typically diagnosed when a person experiences symptoms for more than 2 weeks and these can include feeling sad, loss of interest in pleasure activities previously enjoyed, difficulty concentrating and making decisions, changes in appetite (overeating or not eating enough), too much or too little sleep, fatigue, feelings of worthlessness or guilt, and even thoughts of suicide or self-harm.

Depression tends to affect people in their prime working years and may last a lifetime if untreated. More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most employees can overcome clinical depression and pick up where they left off.

### MENTAL HEALTH IN THE WORKPLACE

#### Workplace stress stats

- 1 in 5 people** in the workplace experience a mental health condition
- 10%** of the employed population takes time off work for depression
- An average of **36 workdays** are lost each time there's an episode of depression
- 50%** of people with depression are untreated

The State of Florida provides all employees and their family/household members with access to the Employee Assistance Program (EAP), which offers free, anonymous, and confidential screening for depression. EAP will also provide how and where to get help. Depression is highly prevalent, but can be treated.

Sources: [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org), [www.workplacentalhealth.org](http://www.workplacentalhealth.org), and [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)



Influenza (the flu) can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from the flu, including people who are otherwise healthy.

You can get the flu from patients and coworkers who are sick with the flu. If you get the flu, you can spread it to others even if you don't feel sick.

The Center for Disease Control (CDC) says that you can take these steps to help fight the flu.

1. Get a flu vaccine -- still effective for many, helps prevent spread of flu, and helps prevent severe illness and complications.
2. Take every day preventative actions:
  - Avoid close contact with others
  - Cover your nose and mouth with a tissue for sneeze and cough
  - Wash hands often with soap and water
  - Avoid touching your eyes, nose, and mouth
  - Clean and disinfect common surfaces (doorknobs, keyboards, and phones)
  - If you feel sick at work or in class, go home as soon as possible
3. Take flu antiviral drugs if prescribed:
  - May make illness milder, shorten sickness and prevent complications
  - Works best when started within 2 days of getting sick

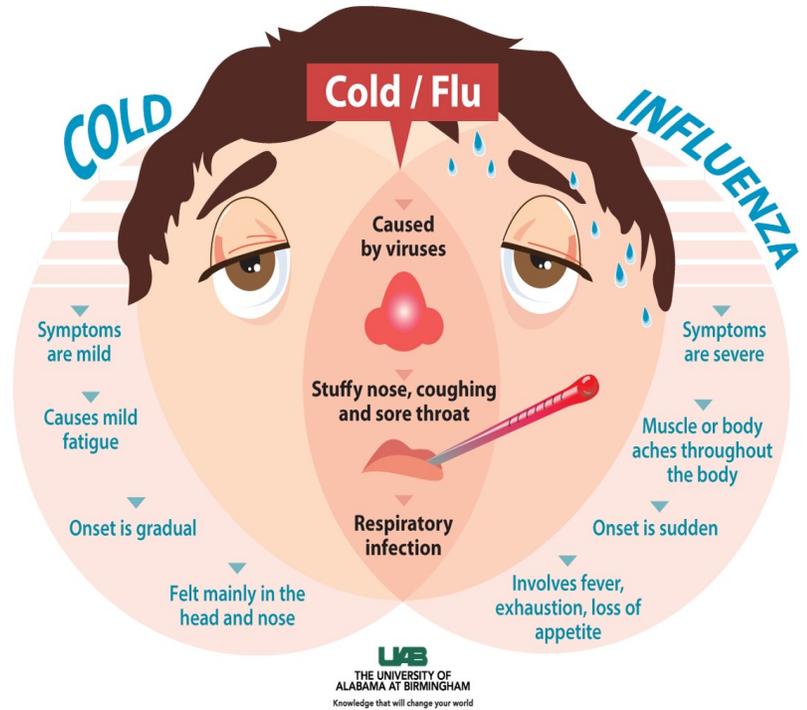
By getting vaccinated, you help protect yourself, your family at home, and your patients. DOH is offering vaccines to all Employees free of charge. Please take advantage of this opportunity by contacting Nurse Joan Walker at ext. 8027.



Source: CDC

# Do you have the Flu?

According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



## CDC FLU FACT

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

#FIGHT FLU

[www.cdc.gov/flu](http://www.cdc.gov/flu)

## CDC FLU FACT

It takes about 2 weeks after vaccination for antibodies to develop in the body to protect against flu.



#FIGHT FLU

[www.cdc.gov/FightFlu](http://www.cdc.gov/FightFlu)

## CDC FLU FACT

Adults 65+ are at **high risk** for serious flu illness. Get your flu shot and encourage your loved ones to get vaccinated.



#FIGHT FLU

# Diet and Cancer Prevention

Eating right can help to lower your chance of developing cancer. Nutrition guidelines for diseases such as heart disease and diabetes are similar to those for preventing various types of cancers. Being overweight or obese is related to as many as one in five cancer-related deaths. Excess weight in the belly is related to an increased risk of colorectal cancer and cancers of the pancreas and uterus and breast in postmenopausal women. Other cancers associated with obesity include: esophageal, rectal, kidney, liver, thyroid, gallbladder, ovarian and prostate cancers.



## What Can You Do:

- **Eating plenty of fruits and vegetables, including beans**, is linked with a lower risk of lung, oral, esophageal, stomach and colon cancer. Fill half of your plate with fruits and vegetables, and make half of your grains whole grains.
- **Limit calorie** dense, nutrient deficient foods, reduce your intake of foods with added sugars that provide a lot of calories but few nutrients. These foods include; sugar-sweetened beverages, processed snack foods and desserts.
- **Limit Alcohol:** Evidence suggests all types of alcoholic drinks may increase your risk of a number of cancers, including cancer of the mouth, pharynx, larynx, esophagus, liver, breast, colon and rectum. It's unclear exactly how alcohol affects cancer risk. It is considered more harmful when combined with smoking. If consumed at all, limit alcoholic drinks to no more than one drink daily for women and two for men.
- **Read food labels** to learn exactly how much sodium is in a serving. Individuals should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). There is no evidence that suggests that the amounts of salt used in cooking or flavoring foods affect cancer risk, it is known to raise the risk of high blood pressure and heart disease, therefore it is recommended to reduce sodium intake. Adults with hypertension or prehypertension should further reduce their sodium intake to 1,500 milligrams a day.

There is no specific ideal diet for all of us. However, every time you eat try to have two-thirds of your plate vegetables, fruits, whole grains and beans. The remaining one third make lean poultry, seafood, and very limited amounts of red meat. Use healthy oils, herbs, spices, citrus and vinegars to add flavor to your food. Limit candy cookies and sugary drinks. Limit your intake of alcoholic beverages. Physical activity and weight control could prevent one-third of all cancers. Source: Academy of Nutrition and Dietetics

**EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS**

**AVOID PROCESSED FOODS**

**REDUCE ADDED SUGARS**

**MEAT IN MODERATION**

**7 Cancer Prevention Tips in Your Kitchen**

**LIMIT ALCOHOL INTAKE**

**EAT PLENTY OF ANTI-INFLAMMATORY FOOD**

**FIND YOUR HEALTHY WEIGHT**

**Please consult your healthcare provider before starting on any diet or exercise program.**

**DRINKING ALCOHOL RAISES THE RISK OF SOME CANCERS**

THE LESS ALCOHOL YOU DRINK, THE LOWER THE RISK OF CANCER.



DRINKING ANY KIND OF ALCOHOL CAN CONTRIBUTE TO CANCERS OF THE:

- ▶ MOUTH AND THROAT
- ▶ LARYNX (VOICE BOX)
- ▶ ESOPHAGUS
- ▶ COLON AND RECTUM
- ▶ LIVER
- ▶ BREAST (IN WOMEN)

[WWW.CDC.GOV/CANCER/DCPC/PREVENTION/OTHER.HTM](http://WWW.CDC.GOV/CANCER/DCPC/PREVENTION/OTHER.HTM)



# HEALTHY EATS



## Broccoli Crust Pizza

**Prep Time: 5 minutes**

**Cook Time: 20 minutes**

**Servings: 4**

### Ingredients

- 1 small head of broccoli (about 2-3 cups riced)
- 2 eggs
- 1/4 cup of: parmesan cheese; mozzarella cheese
- 1/4 teaspoon of : salt; pepper
- 1/2 teaspoon Italian seasoning (optional)
- Toppings: 1/4 cup pizza sauce; 1 cup cheese; veggies optional

### How to Make

- Pre-heat oven to 400 degrees F. Line a baking sheet with parchment paper or grease with oil; set aside.
- Process the broccoli in a food processor or shred with a cheese grater until the broccoli is the same consistency as rice.
- Place broccoli in a large bowl, cover with plastic wrap and microwave for 1-2 minutes or until it is steamed. Cool for at least 1 minute , then pour broccoli on a clean washcloth and squeeze as much liquid as you can out of the broccoli until dry.
- In a large bowl, combine the broccoli, eggs, cheeses, and seasoning with a spoon until fully combined. Pour mixture into the pre-lined baking sheet and shape into a pizza crust, 1/2 inch thick.
- Bake for 10-12 minutes or until crust is lightly browned. Remove from the oven and add the pizza sauce and cheese. Feel free to add desired toppings (veggies or meat). Return to the oven and bake for an additional 10-12 minutes or until the cheese is fully melted. Cool for 5 minutes before cutting.

Source: Recommended by Erica Gilles from [www.gimmedelicious.com](http://www.gimmedelicious.com)

## Tomato, Cucumber, Avocado Salad



This tomato, cucumber, avocado salad is an easy, healthy, flavorful salad. It's crunchy, fresh and simple to make. This dish can be the next family favorite and ready in less than 15 minutes.

**Prep Time: 12 minutes**

**Servings: 1 –2**

### Ingredients

- 1 1/2 cups of chopped tomatoes (can also use cherry tomatoes cut in half)
- 1 cucumber- peeled and seeded then diced
- 1 avocado- diced
- 4oz feta cheese- cubed
- 2 tablespoons of : minced red onion, olive oil, and minced parsley
- 1 tablespoon red wine vinegar
- 8 twists of black pepper from a pepper mill

### Recipe Preparation

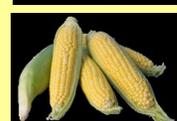
Add tomatoes, cucumber, avocado and feta to a bowl. Next, add minced red onion and parsley. Whisk together olive oil, red wine vinegar and black pepper, then pour over salad. Toss gently so the feta and avocado don't break up. Serve immediately. If refrigerating, keep the avocado aside and add before serving.

Source: Green Valley Kitchen

**It's October ; what's NEW** in season Florida?

*Cucumbers, Tomatoes, Avocados, Bell Peppers, Sweet Corn, and Squash*

Source: Florida Department of Agriculture and Consumer Services





# Health Benefits of Cycling

## Balance

Cycling produces the balance between exertion and relaxation which is so important for the body's inner equilibrium.

## Heart

All the risk factors that lead to a heart attack are reduced and regular cycling reduces the likelihood of heart attack by more than 50%.

## Coordination

Moving both feet around in circles while steering with your hands and your body's own weight is good practice for your coordination skills.

## Muscles

A week of inactivity reduces the strength of the muscular system by up to 50% and can harm them long-term. During cycling, most of the body's muscles are activated.

## Mental Health

Cycling has relaxing effect due to uniform, movement which stabilizes physical and emotional functions. It reduces anxiety, depression and other psychological problems.

## Back Pain

Cycling posture is optimum and the cyclic movement of the legs stimulates muscles in the lower back.

## Waistline

Cycling is ideal for targeting problem areas. It enables people who cannot move easily to exercise. It increases fitness and stimulates the body's fat metabolism.

## Joints

The circular movement of cycling assists the transport of energy and other metabolic produces to the cartilages, reducing the likelihood of arthrosis.

Please consult your healthcare provider before starting on any diet or exercise program.

# GOT STAIRS?

If you have access to stairs, you have exercise equipment that doesn't cost extra money, never needs to be put away, doesn't require a separate room, and requires no special clothing to use. It is a great cardiovascular workout and fat burner. If you get in the habit of using the stairs instead of the elevator when you're out, and not avoiding the stairs at home, you've got a quick, intense workout. Here are some tips to help you use the stairs to achieve weight loss, fitness and health:

- Take frequent, short breaks during the day and walk up and down at least one flight of stairs each time.
- Find out where the stairs are in places you frequent, such as parking garages, malls, hotels and doctors' offices.
- Get in the habit of asking where the stairs are if you're not familiar with the building you're in.
- If you have stairs available at home or work, set a daily goal for climbing them.
- Find reasons to go up the stairs. Some people collect items that need to go upstairs at the bottom of the stairs to save trips. It's much better to carry everything up individually.

Remember, the more you climb, the longer you'll be able to climb. Stairs help keep you more fit, leaner and more physically independent.

Source: Tampa Bay Times

## Burn Calories, Not Electricity



## Take the stairs!

Skip the elevator and escalator. Walking up stairs just 2 minutes per day helps prevent weight gain. And it helps the environment by saving electricity!

## Did you know?

Employees who exercise for at least 30 minutes, three times a week, are 15% more likely to have higher job performance.

## Contact Us:

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